

# Tying Up Shoelaces



The Aussie Hands  
Foundation Inc.

Tying up their own shoe laces will be an exciting milestone for your child! It might seem tricky at first, but add some fun as they practice these tips and they will learn in their own time. For some visual ideas, check out how [Jessica](#), Ben and Hannah tie their laces.

1

Get your child to sit on the floor or a small chair so their feet are on the floor.



2

Ask them to hold one shoe lace down with their foot, then pull the other lace to be tight. The laces should cross over when they do this.

3

While holding the lace under the shoe in place, ask your child to make a loop with the tight lace.

4

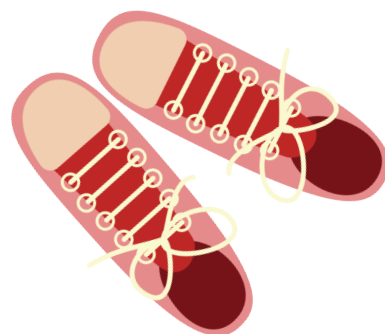
Get them to take the loop behind and under the tightened lace.

5

Keeping the loop in place between your child's thumb and index finger, ask them to take out the lace from under the other shoe.

6

Get them to wrap the freed lace around the loop using the other fingers.



7

Then ask them to use their thumb to put the middle of the lace through the new loop.

8

Lastly, while holding one loop in place with their free foot, ask your child to pull the other loop tight. Good job!

